

Monica Vest Wheeler

SPEAKER • AUTHOR • CONSULTANT

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A former weekly newspaper reporter and editor, Monica Vest Wheeler focuses on coping with and surviving the everyday and emotional challenges of brain-related injuries, illnesses and diseases, and how socially isolating these can be because society just doesn't "get it."

In addition to co-authoring a book on coping with cancer, Monica has written about Alzheimer's and stroke in her *Help Me Cope & Survive!* series. Her latest projects in the series focus on dealing with the daily challenges of other brain and relationship topics.

She's spent thousands of hours working with and interviewing hundreds of patients, survivors, families and caregivers, and healthcare professionals, and individuals affected by the horrors of the Holocaust and intolerance. She's given dozens of presentations on the Holocaust, tolerance, ways to cope with catastrophic injuries, illnesses and diseases; the need to communicate, ways to express emotions on paper and verbally, and much more.

The topic of tolerance in today's world requires straight talk & compassion ...

FOR HIGH SCHOOL AND TEEN AUDIENCES: "TOLERANCE IS NOT A JOKE"

This presentation ties in the lessons of the Holocaust and how the most horrific chapters of human history exploded out of hatred and intolerance. It includes stories that illustrate the message of how tolerance is respect, kindness, an attitude, takes practice and much more. Young people are encouraged to think before they speak, text and post online and how bullying is reportedly leading to more teen suicides. The overriding theme is that each person — no matter their age — has the power to destroy or save the world.

FOR GENERAL ADULT AUDIENCES: "LOOK AT YOUR LEVEL OF TOLERANCE IN THE MIRROR"

Building upon the above program, this goes into more depth with harder-hitting questions about personal behavior and responsibility, the increasing brutality and insensitivity of social media, and the examples we set for our children.

Or let's work together to create the best topic for YOUR audience!

"It's hard for them to listen to these stories, but today's young people need to hear these powerful lessons." High school administrator

"I didn't realize what I was saying was actually bullying." High school student